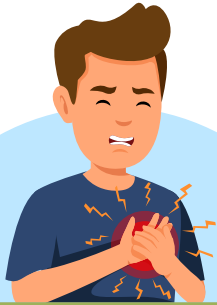


CHEST PAIN



Ensure Safety for Self & Others
Dial Triple Zero (000)
For an Ambulance



HEART ATTACK

Sudden blockage

Pain, pressure, heaviness,
squeezing, tightness

In chest, neck, jaw, arm/s,
back, shoulder/s

Dizzy, cold sweat, short of breath,
nausea, vomiting



INDIGESTION

Digestion problems

Pain is not relieved by drinking
milk or using antacids

Heart attack is often
mis-diagnosed as indigestion

IF PAIN IS STILL PRESENT
AFTER 10 MINUTES



ANGINA

Narrowed arteries

Previously diagnosed, yet pain
is different to past pain

Take medication as prescribed
Rest until recovered

IF PAIN IS STILL PRESENT
AFTER 10 MINUTES

Call 000 if symptoms persist
after 10 minutes, even if
previously diagnosed
with angina.

Give the casualty **aspirin**
(300mg) unless they are allergic
or have a bleeding disorder.

Please note:
Heart attack may be overlooked
as angina or indigestion.
These are some of the symptoms,
there may be others.
Not all heart attacks are
accompanied by pain.
Some casualties simply look
and feel unwell.

**HAZARD = LIFE-THREATENING
MEDICAL EMERGENCY**

**RISK = PERMANENT HEART
DAMAGE, DEATH**

CALL TRIPLE ZERO (000) IMMEDIATELY

KEEP CASUALTY STILL - COMFORT - MONITOR - BE PREPARED FOR CPR - SEND FOR DEFIBRILLATOR